

Is there still anything you would like to work on?

Sometimes there are areas that you might still see change in. These may be goals that you set at the start of treatment that you would like to work on further. Or perhaps they are other things that you now would like to do.

If so what do you still want to do?

How will you do it?

When will you do it?

Are there any resources you need to do it?

What might get in the way of doing it and how can you overcome this?